

Health Homes Herald

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Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Health Homes: Connecting on a Personal Level.

Jessica Duarte, a Care Coordinator at Mental Health Association of South Central Kansas writes to us about Barbara, an elderly client in their Health Home:

When I met Barbara, she sat alone in her room watching Jeopardy. Her room was fashioned like a studio apartment and full of clutter.

We began to talk and I noticed that I knew one of the answers to a Jeopardy question. I answered, ‘Who is Frida Kahlo’. This got Barbara’s attention and she asked me about it and how I knew the answer.

I explained to her my education background in art and design. She chuckled and said she did the same thing in school. We spoke more about art and I

observed within the clutter of her room glitter and a drawing tablet.

Barbara and I both enjoyed the opportunity to spend time with someone who shares a mutual interest. This experience built some trust and helped me to understand some of Barbara’s needs.

From talking with her, I learned she had several health problems and used a wheeled walker to help with her mobility problems. She told me she wanted a wheelchair to help her get around because she feared falling.

I documented this as her Health Action Plan (HAP) goal and informed her that I would take steps to assist her in reaching that goal.

The next day I submitted the HAP to her primary care doctor and began my research and follow up.

The next time I spoke with Barbara, she told me that she had gotten a prescription from her doctor for a wheelchair.

Great job Jessica! Building trust is key to helping our members feel comfortable in sharing their needs.

If you have a success story that you’d like us to feature in the Health Homes Herald, please contact:

Samantha Ferencik

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Phone: 785- 296-8001

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Upcoming News and Events

- Learning Collaborative Webinar — Jan. 6, 2015
- Live Learning Collaborative Meeting — Feb. 27, 2015
- Weekly SMI Implementation Calls — Thursdays at 10:00 am

Questions?

Email: healthhomes@kdheks.gov

Phone: 1-785-296-3981



Consumers' Frequently Asked Questions

I've seen success stories in the Newsletter and other places. How do I get my story published?

We have heard some great success stories from members and their Health Home Partners. If you have a success story that you'd like to have published, we are happy to help share your good news with our readers. Your successes help keep everyone excited about the program!

Please contact Samantha Ferencik if you have a story you'd like to see in the Newsletter.

Phone : 785-296-8001

Email: sferencik@kdheks.gov

Diabetes Self-Management Program Training

The Kansas Foundation for Medical Care (KFMC) is offering you the opportunity to become a Diabetes Self-Management Program (DSMP) leader!

As a trained leader you will be certified to facilitate DSMP workshops; workshops meet once a week, for six weeks. The workshop content covers topics including diabetes symptoms, healthy eating, appropriate medication use, and working with healthcare providers. Each workshop is facilitated by two trained leaders, at least one of whom is living with diabetes.

To find out more information about this program, visit the Stanford website:

<http://patienteducation.stanford.edu/programs/diabeteseng.html>.

The next DSMP leader training opportunities are scheduled for:

- February 17-18, 24-25 in Topeka (*February 16 Area Program Coordinator Training*)
- March 3-4, 10-11 in Pittsburg (*March 2 Area Program Coordinator Training*)

This training will be from 9:00am-4:30pm on each day listed above, and registrants must attend each day of the training in full to receive certification and reimbursement. Training materials will be provided.

Area Program Coordinator (APC) training is available for one identified staff or volunteer from each organization. The APC is from 1pm to 4:30pm and will help organizations plan their workshop facilitation. Coordinators will learn how to navigate leadyourhealthks.org and receive login information to help with workshop planning.

Contact Megan Skaggs at [785-273-2552 Ext 345](tel:785-273-2552) or mskaggs@kfmc.org for questions and registration.

Space is limited, so don't wait! Get your application in today!



Finding Appropriate Resources and Strategies for Helping Members

There is a wealth of information available to you as Health Home partners. However, we understand that locating new, exciting and unique resources can sometimes be a struggle. To ensure that members stay engaged, Health Home partners should always be on the look-out for interesting and member-appropriate resources. The good news is that there are a few, easy to access resource libraries that can jump start Health Homes staff as you begin to work with your members to address their specific needs and health goals.

Whether you are looking for stress-management tips or illustrated health resources geared toward members with intellectual disabilities, the SAMHSA-HRSA Health and Wellness site has a tremendous amount of useful information: <http://www.integration.samhsa.gov/health-wellness>

Also helpful, is the Health & Wellness Resource Library, hosted by The Centers for Families and Children in Ohio. This useful site offers educational resources (including many in Spanish) on several different topic areas. You can even search alphabetically or by condition, making this site extremely user-friendly: <http://www.thecentersohio.org/Resources/HealthWellness/HealthWellnessResourceLibrary.aspx>

Finally, we'd like to encourage you to take every opportunity possible to learn from your peers. Though members and their needs are unique, your peers may have strategies to overcome at least some of the difficulties you are facing. The Learning Collaborative is a great place to meet other Health Home providers and share not only your successes, but your struggles as well. It's likely that someone else has also encountered a similar issue and can offer up ideas for how to overcome the obstacle at hand. The next in-person Learning Collaborative Meeting is scheduled for February 27, 2015. More details will be published in the coming days so look for the invitation in your email box!

Simple Changes Make New Year's Resolutions Attainable

With the coming of the New Year, we know that many of our readers are probably considering becoming healthier as one of their resolutions. Unfortunately, many times large, broad goals like "becoming healthier" or "losing weight" can be very intimidating. But simple changes to your daily routine are an easy way to get started.

Try replacing sugary drinks with water and taking the stairs at work. These two easy changes can make a tremendous difference for many people. Also, reconsider things like your usual parking spot. Rather than waiting for parking spots close to the door to open up, park towards the rear of the lot and walk. These small changes will really add up over the course of the New Year.

Good luck with your resolutions and don't forget to check the resources above for other ideas about how to be healthy in 2015!



10 Tips to Stay Healthy This New Year

Brighten the New Year by making your health and safety a priority. New Year's resolutions are great, but don't forget to focus on the basics. Take these 10 easy steps to keep you and your loved ones safe and healthy—and ready to enjoy all that 2015 has to offer.

1. Wash hands often with soap and clean running water for at least 20 seconds. Remember, it's flu season.

2. Manage stress. Give yourself a break. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

3. Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

4. Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

5. Be smoke-free. Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.

6. Fasten seat belts while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.

7. Get exams and screenings. Ask your health care provider what exams you need and when to get them. This is also a good time to update your personal and family history.

8. Get your vaccinations, which help prevent various diseases and save lives. Everyone 6 months and older should get a flu vaccine each year. Besides the flu vaccine, adults should get other vaccines too. Ask your doctor what you need.

9. Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

10. Eat healthy, stay active. Eat fruits and vegetables, which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

We want to see all of our readers happy and healthy in 2015. These 10 tips are a great place to start working towards a more healthy you!

You can learn about more healthy tips from the Centers for Disease Control and Prevention:
<http://www.cdc.gov/>

Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 785- 296-3981

Email: healthhomes@kdheks.gov

Website:
http://www.kancare.ks.gov/health_home.htm

